



Friendship Heights



VILLAGE NEWS

MAY 2006

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VOLUME 20, NO. 11



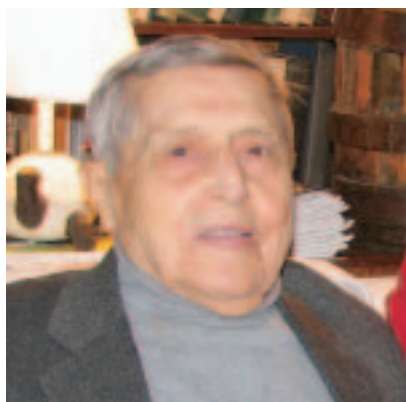
See page 4

Farewell to Councilmember Frank Valeo

The Village of Friendship Heights has lost a beloved Councilman and long-standing member of our community. Councilman Valeo died on Sunday, April 9, 2006. Following an illustrious career as Secretary of the United States Senate from 1966 and 1977 during which he played a vital role in the history of campaign finance law, he began volunteer service on the Village Council. During his tenure from 1989 to the present, he served as Chairman, Vice Chairman, and Historian.

Councilman Valeo cared deeply about the safety of Friendship Heights residents and was a strong supporter of the Village's security program. He was also a proponent of the Village shuttle bus and was instrumental in bringing about extended hours and weekend service for the bus.

Councilman Valeo became the oldest person to have served on the Friendship Heights Village Council, and will be greatly missed for his kind and generous spirit and for the many valuable contributions he made on behalf of our community.



Bamberger Series presents N.Y. Times columnist John Tierney

John Tierney, whose column appears twice a week on the op-ed page of the *New York Times*, will speak at the Village Center on **Thursday, June 8, at 7:30 p.m.** His talk is entitled "Why You Can't Believe Anything You Read, Except (sometimes) My Column."

Mr. Tierney joined the *Times* as a metropolitan reporter in May 1990. He has written extensively about science and technology, economics and environmental controversies. He is the author of *The Best-Case Scenario Handbook* and co-author, with Christopher Buckley, of the comic novel, *God Is My Broker: A Monk Tycoon Reveals the 7 1/2 Laws of Spiritual and Financial Growth*. He has received numerous awards for his writing including the New York Publishers Association 1998-99 Distinguished Column Writing Award.

Please sign up for this Bamberger Series lecture by calling 301-656-2797.



She'll coax the blues right out of your heart!

Join us for an elegant lunch and a Kennedy Center matinee on **Saturday, June 24**. Emmy and two-time Tony Award winner Christine Baranski stars in the fabulous new production of *Mame*. The story of the eccentric Auntie Mame, one of the most beloved characters in American musical theater, has been retold through play, film, Broadway musical, and Hollywood musical since the publication of Patrick Dennis's book in 1955. Eric Schaeffer directs an all-new production of this classic with its irresistible score by Jerry Herman that includes "If He Walked Into My Life," "Open a New Window," "We Need A Little Christmas," and "Bosom Buddies." Tony Award winner Harriet Harris (*Thoroughly Modern Millie*) plays Mame's friend Vera Charles, Tony nominee Emily Skinner (*Side Show*) is timid secretary Agnes Gooch, and Jeff McCarthy (*Urinetown*) is southern gentleman Beauregard Jackson Pickett Burnside.

We'll leave the Village Center at 11:30 and ride by bus to Aquarelle, the elegant Watergate Hotel restaurant. The 3-course luncheon will include salad, chicken breast with couscous and

continued on page 2

CHILDREN'S PROGRAMS

A Magical Finale for Service Learning (SKIP)

Join us **Wednesday, June 7, at 9:30 a.m.**, as we say goodbye to the kindergarten classes at Somerset Elementary. Our final meeting with the kindergartners will feature the talents of Turley the Magician. Turley brings a spectacular show to the Village Center that promises fun for children and adults alike.

Service Learning is a program that teams kindergarten children with local senior citizens. Sign up at the Village Center.

Learn to build 'n' fly model airplanes

Friendship Heights children, ages 8 to 12, are invited to learn how to build and fly several model airplanes during a workshop **Saturday, June 10 from 10 to 11:30 a.m.** at the Village Center. The beginner models include free flight and catapult launch gliders.

The workshop will be taught by David Drazin, a model airplane enthusiast and member of the Academy of Model Aeronautics. The cost of the workshop is \$20, which includes materials and instructions to make three models.

Following the workshop, we will gather to test our models and have fun at a nearby park.

Sign up immediately at the Center. The deadline to sign up is **Thursday, June 1. A minimum of 4 is required.** We will be using model airplane adhesives, therefore each child must be accompanied by a parent or guardian.

Mame, continued from page 1

vegetables, and crème brulee for dessert. Following lunch, we'll cross the street to the Kennedy Center to take in *Mame*, the show that has touched the hearts and tickled the funny bones of audiences everywhere. We will return to the Village Center around 5 p.m.

The cost of the trip, which includes lunch, a seat in the Orchestra, transportation, and all gratuities, is \$135. Residents may sign up immediately; nonresidents may sign up May 20. There are 29 spaces available.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the June issue is May 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

And we're off to Charles Town

Enjoy some of the area's best thoroughbred racing when we travel to Charles Town, West Va., on **Sunday, May 21**. Home of the famous West Virginia Breeders' Classic, Charles Town Races offers horse racing and slots, less than two hours from Washington. We'll depart from the Village Center at 10:30 a.m. and arrive in time for brunch on the Skyline Terrace. Brunch includes omelets made to order, bacon, sausage, home fries, French toast, rotisserie chicken, steamship round, baked ham, mashed potatoes and gravy, fruit, pastries, bagels and more. After a sumptuous brunch buffet, you can bet on the ponies or try your luck at the numerous gaming machines.

You'll also find all progressive slots, and the best of video poker, blackjack, and keno. You'll have hundreds of the latest three-coin machines, dollar games galore, and a brand-new array of fabulous Five-Dollar Slots to choose from.

We should return to Friendship Heights by 6:30 p.m.

The cost of the trip is \$59, which includes transportation, admission to the park, buffet brunch and all taxes and gratuities. Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning May 9. For additional information, call the Village Center at 301-656-2797.

Final call for the NSO



A few tickets remain for the open rehearsal of the National Symphony Orchestra at the Kennedy Center on **Thursday, May 11**. Leonard Slatkin will conduct a program that includes Stravinsky's *Symphonies of Wind Instruments*, Mendelssohn's *Octet in E-flat major for Strings, Op. 20*, and Bartók's *Suite from The Miraculous Mandarin, Op. 19*. We will leave the Village Center at 9 a.m. and return before 1 p.m. The cost of the trip is \$15. Sign up now at the Village Center.

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Bad manners in the 'burbs

New York Times reporter Debra Galant was asked to write a story in 1995 on New Jersey suburban life that led to a five-year column in that paper and a novel entitled *Rattled*. In her book, described as “hilarious”



and “engaging satire,” Ms. Galant skewers shallow McMansion-dwelling suburbanites, greedy developers and their misuse of precious land. In a rave review, the *Washington Post* calls the book a “rollicking suburban morality tale...with deftly drawn characters.” Ms. Galant



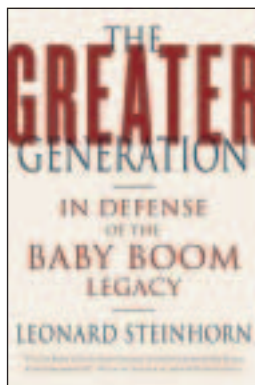
will discuss and read from her book at the Village Center on **Monday, June 5, at 7:30 p.m.**

Ms. Galant is well known in northern New Jersey for her newsblog, Baristanet. It is considered the gold standard in the “citizen journalism” and “hyperlocal blogging” movements. And it has earned her the nickname, “the Walter Winchell of Montclair.”

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

Are baby boomers the real greatest generation?

The World War II generation has often been called the “Greatest Generation.” Leonard Steinhorn writes in his book, *The Greater Generation: In Defense of the Baby Boom Legacy*, that “the true test of a generation should be what it’s done to make America better. And in that regard, boomers have an important story to tell.” Mr. Steinhorn will discuss his book at the Village Center on **Thursday, June 1, at 7:30 p.m.**



Boomers have often been described as self-involved and materialistic. But the author defends boomers as the generation that forever changed American culture by protesting against an unjust war, challenging an unethical political system, refusing to tolerate environmental violations, challenging racial and sexual discrimination, and rejecting religious intolerance. The legacy of baby

boomers, he says, is a far more open, inclusive, and tolerant America than at any other time in our history.

Mr. Steinhorn is a professor of communications at American University as well as a consultant and commentator on American politics and culture. He has been asked by the White House to suggest ideas for the State of the Union Address, and is a frequent on-air analyst during campaign and election season. He has twice been voted by students as the University’s Outstanding

Faculty Member and his innovative approach to teaching was seen around the world when CNN came into his classroom each week to cover the course he developed on the 2000 presidential election.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

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The project that captured a nation's imagination

It all began with an idea for a community art project. Frank Warren began handing out postcards to strangers and leaving them in public places - asking people to write down a secret they had never told anyone and to mail it to him, anonymously. The response was extraordinary. 30,000 people from around the world mailed Mr. Warren beautifully decorated postcards, displaying their deepest secrets. The result was a traveling exhibit of the cards that was called by the Washington Post, "one of the five best art shows in 2005," and the *New York Times* best seller, *PostSecret: Extraordinary Confessions from Ordinary Lives*. Mr. Warren will give a slide-illustrated talk at the Village Center about his book on **Tuesday, May 30, at 7:30 p.m.**

Mr. Warren continues to receive between 100 and 200 postcards every day. He updates his website, postsecret.com, each Sunday. He has appeared on the Today Show, 20/20, CNN, MSNBC, CBC, NPR and Fox News. He calls himself an "accidental artist;" others call him "the most trusted stranger in America."

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

Luncheon of the Boating Party- and at the Cosmos Club

Enjoy lunch at the historic Cosmos Club and then a docent-led tour of the Phillips Collection on **Tuesday, June 6**, where Renoir's great "Luncheon of the Boating Party" has returned after four years.



The Cosmos Club, founded in 1878, elects into membership men and women who are distinguished in science, literature and the arts. Among its members have been three Presidents, two Vice Presidents, a dozen Supreme Court justices, 29 Nobel Prize winners and 50 Pulitzer Prize winners. Thanks to the efforts of Village resident Leonard Grant, a member and former president of the Cosmos Club, we will enjoy lunch in this lavish, French Renaissance structure on Embassy Row. Please choose at sign-up an entrée (Tandoori chicken breast with rice and creamed spinach, Caesar salad topped with beef tenderloin, or Asian chicken salad) and dessert (white chocolate berry cake or lemon cake).

continued on page 6



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PLAYING on the BIG SCREEN

All movies now begin at 7 p.m.

**Thursday, May 4
7:00 p.m.—**

Walk the Line —

James Mangold tells the life story of country music legend Johnny Cash, focusing primarily on the long courtship he had with June Carter. The film touches on his childhood, establishing the troubled relationship he had with his father, and moves through his time in the military when he began writing songs, his early marriage to a hometown girl, then his tour with Elvis Presley and Jerry Lee Lewis. On the tour, he meets June Carter, who initially spurns his advances. As his fame increases, his marriage crumbles and he struggles with a drug addiction. Movie stars Joaquin Phoenix and Reese Witherspoon perform all of their own singing. Rated PG-13. Running Time: 136 minutes.



Thursday, May 11 , 7:00 p.m. —

Tsotsi— In this Academy Award-winning film, an amoral teenager develops an unexpected paternal side in this powerful drama from South Africa. Tsotsi is the street name used by a young Johannesburg delinquent who has taken to a life of crime in order to support himself. His mother is slowly dying from an AIDS-related illness and his father is torturously abusive. One evening Tsotsi kills a woman while stealing her car, an only later discovers that her infant son is in the back seat. He takes the baby home and in time the baby awakens a sense of humanity in him. Stars Peter Chweneyagae, Terry Pheto, and Kenneth Nkosi. Rated R. Running Time: 96 minutes.

Thursday, May 18 , 7:00 p.m., —

Café Muse, see page 14 for details.

Thursday, May 25, 7:00 p.m.—

Capote— The creation of one of

the most memorable books of the 1960s—and the impact the writing and research would have on its author—is explored in this drama based on a true story. In 1959, Truman Capote was a critically acclaimed novelist who had earned a small degree of celebrity for his work when he read a short newspaper item about a multiple murder in a small Kansas town. Capote long believed that in the right hands, a true story could be molded into a tale as compelling as any fiction, and he believed that this event in which the brutal and unimaginable was visited upon a community where it was least expected, could be just the right material. Philip Seymour Hoffman won an Academy Award for his portrayal of Capote. Rated R. Running Time: 114 minutes.



Luncheon, continued from page 5

Following lunch, we'll go around the corner to the Phillips to visit the exhibit, "The Renoir Returns: A Celebration of Masterworks at The Phillips Collection." In addition to the "Boating Party," considered one of the greatest impressionist paintings ever created, sixty of the museum's best-loved paintings and sculpture, will be reinstalled, including works by Bonnard,

Braque, Cézanne, Degas, Gauguin, van Gogh, Kandinsky, Klee, Monet, Matisse, and Picasso.

The cost of the trip, which includes lunch, admission to the Phillips, transportation and all gratuities, is \$72. We will leave the Village Center at 11:30 a.m. and return by 3:30 p.m. Residents and one guest may sign up immediately; nonresidents, May 20. There are 29 spaces available.

LIVING RIGHT SIDE UP IN AN UPSIDE DOWN WORLD

a free Christian Science lecture
by Scott F. Preller, C.S.

a member of the Christian Science Board of Lectureship

Thursday, May 18, 2006 at 7:30 pm

First Church of Christ, Scientist

7901 Connecticut Avenue, Chevy Chase, MD

Please call 301-652-5545 for more information

You are cordially invited to

An Evening of Opera!

Washington Choral Ensemble

Buffet, Silent Auction, and Concert

Saturday, May 13

6:30 PM at the Village Center

Tickets \$60 at the door or call 202-468-0652

FRIENDSHIP GALLERY

Chevy Chase artists to exhibit at Friendship Gallery this month

The Watercolorists of Chevy Chase return to Friendship Heights for the month of May. The artists are students of Margaret Graham Kranking who has taught for many years at the Woman's Club of Chevy Chase. The exhibition of these talented and enthusiastic artists will include landscapes, seascapes, still lifes, and florals.

The exhibit begins May 2 and runs through May 30. The public is invited to meet the artists and enjoy the music of Ann Joseph at a reception on **Sunday, May 7, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk receptionist when you arrive.



"Thomas Point Light, Chesapeake Bay" and "Country Garden," watercolors by Margaret Kranking

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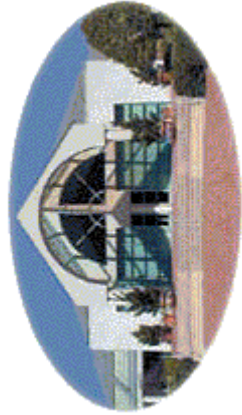


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Friendship Heights
Village Center



Calendar
of Events

2006

M		A		Y	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDER: The MVA Bus will not visit the Village in June.	1 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	2 8:15 a.m.: Walking Club 9:30 a.m.: Spanish 2 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	3 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Mind Mapping 1 p.m.: Portraiture Painting 6:30 p.m.: Spanish 1 7 p.m.: Bones for Life 7:30 p.m.: Concert: Na Pua Mae'ole Hawaiian Music Ensemble	4 7:30 a.m.: Depart for Asheville 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11:30 a.m.: Bones for Life 11 a.m. - 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7 p.m.: Movie: Walk the Line	5 10:30 a.m.: Coffee and Current Events
7 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	8 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 8 PM: FRIENDSHIP HEIGHTS COUNCIL MEETING	9 8:15 a.m.: Walking Club 9:30 a.m.: Spanish 2 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	10 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture Painting 1 p.m.: Suburban Lecture: Diabetes; New Epidemic 1 p.m.: Health Insurance Counseling 6:30 p.m.: Spanish 1 7 p.m.: Bones for Life 7:30 p.m.: Concert: Seager and Sisson	11 8:15 a.m.: Walking Club 9 a.m.: Depart for NSO rehearsal 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11:30 a.m.: Bones for Life 11 a.m. - 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7 p.m.: Movie: Tsotsi	12 10:30 a.m.: Coffee and Current Events 1 p.m.: Preparing Your Legacy
14 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	15 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	16 8:15 a.m.: Walking Club 9:30 a.m.: Spanish 2 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	17 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture Painting 6:30 p.m.: Spanish 1 7:30 p.m.: Concert: Frederick Moyer	18 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. - 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 6:30 p.m.: Vision Transitions 7 p.m.: Café Muse	19 10:30 a.m.: Coffee and Current Events
21 9 a.m.: Yoga 10:30 a.m.: Depart for Charles Town Mobile Office 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	22 9:15 a.m.: Fit-4-Ever 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	23 8:15 a.m.: Walking Club 9:30 a.m.: Spanish 2 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	24 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture Painting 6:30 p.m.: Spanish 1 7:30 p.m.: Concert: Kinor Dancers	25 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. - 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Movie: Capote	26 10:30 a.m.: Coffee and Current Events
28 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	29 Memorial Day Center open 9 a.m. to 2 p.m. 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi	30 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 - 2:45 p.m.: Blood Pressure Screening 3 - 4 p.m.: Tea 3 - 5 p.m.: Suburban Nurse Specialist 7:30 p.m.: Book Signing with Frank Warren: PostSecret	31 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 1 p.m.: Portraiture Painting 6:30 p.m.: Spanish 1 7:30 p.m.: Concert: Les Amis de Mozart	Village Council Meetings Village Council meetings are held the second Monday of each month at 8 p.m. at the Village Center. The next meeting will be Monday, May 8. The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.	
27 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m. – 2 p.m.: Value Village Pick-up	28 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 12 p.m.: Landon Symphonette	29 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs	30 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs	31 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs	6 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs

Shuttle bus hours

Monday through Friday6:40 a.m. to 9:40 p.m.
Saturday and Sunday8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday9 a.m. to 9 p.m.
Friday9 a.m. to 5 p.m.
Saturday and Sunday9 a.m. to 2 p.m.

The Friendship Heights Village Center
is open to everyone. People who live or
work in the Village are especially welcome.

Time to Declutter!

Value Village truck coming May 13

A Value Village truck will stop in the Village of Friendship Heights on
Saturday, May 13, from 9 a.m to 2 p.m.
The truck will park on Friendship Boulevard next to the Village Center.
Value Village accepts clothing, shoes, and books to support children and
adults with developmental disabilities through the National Children’s
Center. They will not accept large furniture or large appliances.



CLASSES and CLUBS

PREREGISTRATION IS REQUIRED FOR ALL CLASSES.
PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.

NEW CLASSES

ADVANCED BRIDGE

Bridge for people who know the basics and have experience playing. Taught by Martha Lisser, retired teacher and principal and experienced bridge teacher. Each student must bring a deck of cards. 5-week course starts May 15. Meets Mondays from 1 to 4 p.m. Cost is \$115 for residents; \$120 for nonresidents. Session ends June 19 (no class on May 29).

CHINESE BRUSH PAINTING

A 10-week class taught by Helene Sze McCarthy begins May 18. Meets Thursdays from 1 to 3 p.m. Cost is \$80. Session ends July 20. A minimum of 6 students is required; the maximum is 10.

DIGITAL PHOTOGRAPHY

A one-day workshop on digital photography taught by Tony Sweet on June 3, from 9 a.m. to 2 p.m. Participants will shoot both indoors and outside, process their images, have their work critiqued, and produce at least two prints. You must have your own digital camera and a working knowledge of exposure (f/stop and shutter speed). Bring a laptop if possible; instructor will have one available. Bring a brown bag lunch. Cost is \$40 for people 60 and older; \$65 for those under 60; and an additional \$50 for non-Maryland residents. Checks should be made payable to Montgomery College. Sign up at the Village Center. The minimum is 12 participants; maximum is 15.

DRAWING AND PAINTING (DAYTIME)

A 10-week course for all skill levels, taught by Doris Haskell, begins on

May 22. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends August 7 (no class on May 29 or July 3).

DRAWING AND PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskell, begins on June 21. Meets Wednesdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends August 23.

MAT PILATES

A 6-week session begins June 6. Meets Tuesdays from 7 to 8 p.m. The cost is \$70 for residents and \$80 for nonresidents. This particular class is not recommended for pregnant women or those with serious spinal conditions without a physician's approval. Instructor Ginger Russell has been certified by the *Physical Mind Institute*. Please bring a Pilates/Yoga mat and bath towel. Session ends July 18 (no class on July 4). Maximum number of students is 15.

MIND MAPPING

A one-day workshop on May 3, from 1 to 4 p.m. Paul Williams teaches this technique that benefits communication, memory improvement, decision making, problem solving and planning. Cost is \$65.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by award-winning artist and photographer Marianne Winter, begins May 31. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first

class. The cost is \$60. (Maximum number of students is 8). Session ends July 5.

STRENGTH TRAINING (MONDAY)

Christine Bruchac, from NRH Regional Rehab, leads a strength and conditioning class for seniors. This 10-week session begins June 5. Meets Mondays at 11:30 a.m. Cost is \$50. Please register by phone at 301-986-4745. (class will not meet July 3).

STRENGTH TRAINING (WEDNESDAY)

See description above. A 10-week session begins June 7. Meets Wednesdays at 11 a.m. Cost is \$50. Please register by phone at 301-986-4745.

TAI CHI (TUESDAY)

This 6-week session begins June 13. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends July 25 (no class July 4).

TAI CHI (THURSDAY)

This 6-week session begins June 15. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends July 20.

YOGA (Daytime)

This 8-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins June 4. Meets Sundays from 10 to 11:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class.



The cost is \$80 for residents and \$95 for non-residents. Session ends July 30. Class will not meet July 9. (Students who must miss a class may make it up in the Monday class with the instructor's permission).

YOGA (EVENING)

This 7-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins June 5. Meets Mondays from 7:30 to 8:50 p.m. See description above. The cost is \$70 for residents and \$85 for non-residents. Session ends July 31. Class will not meet July 3 or 10. (Students who must miss a class may make it up in the Sunday class).

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to

noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

SCRABBLE

This active group of Scrabble players meets at the Center every Thursday, beginning at 6:30 p.m. All are welcome.

TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend or family member over age 13.

VISION TRANSITIONS

Low vision doesn't have to mean "no vision." These free monthly meetings

offer education and support for people with vision problems. Sponsored by the Prevention of Blindness Society, Vision Transitions meets one Thursday evening a month at the Village Center and features talks by guest speakers. To register, call 301-656-2797. For more information about Vision Transitions, call 202-234-1010 or visit www.youreyes.org.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis, 301-718-6340, or Marjorie Yahraes, 240-497-0050 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

Position Wanted

Caregiver-companion for elderly patient. Experienced, caring caretaker now available. I was caring for Mr. Frank Valeo for 19 months until his death on April 9. Excellent references upon request. Call Jurbel Pessanha, 301-652-2161, 301-654-5723, or 301-962-5042 (leave message).

Bridge club to begin in June

The results are in: there is a very strong interest in reviving the weekly bridge group. Most of the people who responded to our inquiry are advanced bridge players; several are intermediate. The group will begin **Friday, June 2**, and will meet every Friday from 1 to 4:30 p.m. We will provide the tables; you provide players, cards and competition. Unless the group chooses a director, there will be nobody in the room to lead or assist the players. Please call the Center at 301-656-2797 to let us know you are coming so we will know how many card tables to have ready.

CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m. in Huntley Hall. Before entering the auditorium, please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering.

Wednesday, May 3—Na Pua Mae'ole Hawaiian Music Ensemble. Traditional Hawaiian dance and song highlight this performance by students from the Gifted and Talented program at Pahoa High School in Pahoa, Hawaii.

Wednesday, May 10 — Seager and Sisson. This piano duet has performed at the Village Center every year for the past 19 years. The year's program will include works by Saint Sans, Liszt and Peter DeRose.

Wednesday, May 17 — Frederick Moyer — Concert pianist Frederick Moyer makes his Wednesday evening concert debut at the Village Center.

Wednesday, May 24 — Kinor Dance Company—Using choreography that blends Israeli folk dance with modern dance, the Kinor Dance Company of the Jewish Community Center brings to life the rich multicultural heritage of the Jewish people. For this performance, *Golden Celebration*, a new duet will be premiered. In this duet, Israeli folk dance is combined with jazz dance movements. Barbara Supovitz, Kinor's artistic director and choreographer, founded the company in 1972. Company members are Julia Balsley, Colleen Barnes, Pamela Broberg, Miriam Cramer, Kristie Genovese, Rachel Elazar, Raya Mandler, Barbara Supovitz, and Josy Traum.

Wednesday, May 31— Les Amis de Mozart. Sheila Grimes presents a piano trio featuring works by Chopin, Schubert, Haydn, and Schuman.

Lunchtime with the Landon Symphonette

The Landon Symphonette continues its lunchtime concerts at the Village Center with a performance Saturday, May 20 at noon. The program will feature Haydn's *Cello Concerto in D Major*, with soloist John Kaboff, and Schubert's *Symphony No. 5*. The concert is free, but please let us know if you will be attending. Call the Village Center at 301-656-2797.

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TO YOUR HEALTH

Why Diabetes is on the increase

"Diabetes: The New Epidemic" is the title and topic of this month's Suburban Health Talk on **Wednesday, May 10, at 1 p.m.** Dr. Monika Mannan will lead a discussion on the reasons for the current prevalence of Diabetes and will talk about preventative strategies, including diet and weight management. Learn about the complications of the disease and some new treatment modalities.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

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Reducing eye strain

Computer eye strain is a major health complaint in the work place. Whether using a computer, watching television or reading a book, eye strain can be a problem. Join Vision Transitions on **Thursday, May 18, from 6:30 to 8 p.m.** at the Village Center when local experts discuss ways to reduce eye strain. To register, call 301-656-2797. For more information about Vision Transitions, call 202-234-1010 or visit www.youreyes.org.

More 'life begins at 40'

Using the movie *Something's Gotta Give*, Life Transitions Consultant Ana Gardano returns to the Village Center on **Saturday, June 17, from 10 a.m to 1 p.m.** with a discussion of life transitions after age 40. A discussion will follow the viewing of the movie. Participants are invited to bring a brown bag lunch to enjoy during the discussion. We will provide a drink and dessert. The cost is \$5 per person. Sign up at the Center by June 14.

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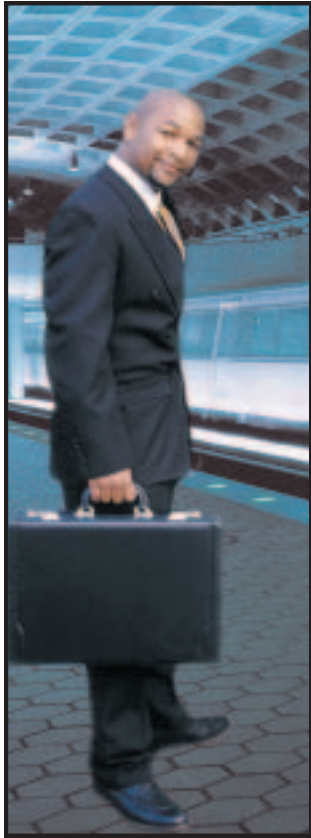
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Cafe Muse presents...

This month's Café Muse, on **Thursday, May 18, at 7 p.m.**, presents poets Alicia Ostriker and Vladimir Levchev.

Alicia Ostriker is the author of eleven volumes of poetry and a two-time nominee for a National Book Award. As a critic, she is the author of two pathbreaking volumes on women's poetry.

Vladimir Levchev is the author of five books of poems, including *Who is the Dreamer of my Life?* and *Someday*.

Classical guitar selections performed by Michael Davis are presented each month at 7 p.m. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.

Produce market returns to the village

Twin Springs Fruit Farm will set up its market for the summer on **Saturday, May 6, from 9 a.m. to 1 p.m.** and will be a welcome fixture every Saturday on the portico of the Friendship Heights Village Center until mid-November.

During May, the farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, peppers and garlic. In addition, they will be featuring fresh asparagus, spinach, radishes, spring onions, lettuce and other locally grown veggies. Also available in May are North Carolina strawberries, baked goods, jams and jellies, apples and eggs. See you at market!

What's your story?

Everyone has a story to tell. Psychologists have found that reviewing and sharing life stories can have a positive effect on mental and physical health. A one-hour free seminar on **Friday, May 12, at 1 p.m.** will explore the value of preserving personal history and the different methods of chronicling memories. Attendees will receive a list of helpful suggestions and resources for creating a personal history. "Preparing Your Legacy" will be presented by Jeanette Kreiser, a licensed psychologist and counselor, and Paula Rehr, a national award-winning and Emmy-nominated video producer, director and writer.

There is no charge for the seminar, but please let us know if you plan to attend by calling 301-656-2797.



How to choose a senior community. Start with choices.

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Visit or call Brighton Gardens of Friendship Heights, a Sunrise Senior Living community, and choose the life that's right for you.

You're invited to...

Wellness Series by Kathy J. Ward, author of "The Journal for a Better Life." Three, 1 1/2 hour sessions on May 4th, 11th and 18th followed by high tea.

Mexican Dinner on May 10th from 5:00 pm to 7:00 pm.

Call Sue at 301-656-1900 for details or to RSVP.



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Village Council Corner

Rothstein Educational Scholarship Available—Deadline July 1

The Village Council invites applications for the Robert & Sylvia Rothstein Educational Scholarship. The scholarship was established by the Council in 1998 and is funded by the Village of Friendship Heights and private donations (all donations to the Rothstein Scholarship fund are tax deductible).



Ambjörn Elder, the 2004 winner

This is a merit scholarship of up to \$10,000. It is not based on financial need. Residency in the Village of Friendship Heights is required. The scholarship is open to residents of all ages who are enrolled or plan to enroll in a post-secondary academic program in 2006 to 2007.

Last year, as an alternative to awarding an individual scholarship, the Council used a portion of the scholarship funds to subsidize CPR/



Georgetown University (Source: www.georgetown.edu)

Defibrillator training for over 140 Village residents.

Application forms and copies of the Criteria and General Conditions are available at the Village Center or on our website, www.friendshipheightsmd.gov. Click on "Rothstein Scholarship" link from the home page to download the application and conditions. The application deadline is July 1. Take advantage of this terrific opportunity; for more information, call the Center at 301-656-2797.

Council action at the April 10 public session:

- Approved tree removal at 4620 North Park Ave.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

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May 2006 events calendar